

HEALTHY FOODS

BRUNSWICK EAST PRIMARY SCHOOL POLICY

Rationale:

- Healthy nutritional habits are essential to the growth and development of children.

Aims:

- To develop within students an informed appreciation of healthy eating habits.
- To ensure that any foods provided to the school are consistent with a healthy eating philosophy and relevant departmental policies and guidelines.

Implementation:

- The development of an appreciation of healthy foods and healthy eating habits forms part of our Health Promoting School strategy.
- Lessons relating to healthy foods and healthy eating will form part of each child's annual Health & Physical Education curriculum studies.
- The school will involve itself in local strategies designed to raise an awareness of, or to promote healthy foods eg: Moreland Fun & Healthy Program
- The drinking of water and healthy foods will be promoted to all students.
- Students will have access to their own water bottles during class lessons, and have permission to eat healthy foods such as fresh fruit and vegetables during class time, unless it is deemed by the classroom teacher to be inappropriate to do so.
- The principal will ensure that a supply of drinkable water is available at the school at all times.
- Healthy foods and eating habits will be addressed through the VELS (Victorian Essential Learning Standards) curriculum through out the course of the year.
- Class teachers will convey program expectations to parents and students.
- At least once a year there will be a special focus on healthy foods and eating habits.
- Staff members will be encouraged to model healthy eating habits whilst at school.
- Fund raising activities will not focus on the promotion of foods that do not complement our healthy foods philosophy eg: chocolate bars or lamingtons.
- Staff are to inform the principal of students who appear to be provided with inadequate lunches.
- Healthy recipes will be included in the school's newsletter regularly.

Evaluation:

- This policy will be reviewed as part of the school's review cycle.

This policy was last ratified by School Council on the 23rd June 2008